

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

(Register Monday-Friday between 8 a.m.-5 p.m.)

NYC Tall Sail & On Your Own

Trip includes transportation, cruises (1.5 hour) and shopping on your own.

Date: Saturday, September 11, 2010

Fee: \$90 per person (#11775)

Radio City Music Spectacular

Seats located in Orchestra section. Leave at 7 a.m.

Date: Saturday, November 13, 2010

Fee: \$125 per person (#11984)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, December 4, 2010

Fee: \$55 per person (#11985/#11986)

**INTERESTED IN ADVERTISING
IN THE PROGRAM GUIDE
OR NEWSLETTER?
Call Lynn at 657-5635 x106**

SENIOR VAN SERVICE

Please Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$5 per year. Seniors do not need to be members of the Friendship Center or township residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY	8:30 a.m. - Aerobics (light)
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	9:30 & 10:15 a.m. - Tai Chi
	8 a.m. & 2 p.m. - Cards
	1:00 p.m. - Beginning Line Dancing
TUESDAY	2:00 p.m. - Intermediate Line Dancing
	8 a.m. - Peppi
	8 a.m. - Blood Pressure (1st Tues.)
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking (indoor)
WEDNESDAY	8 a.m.-2 p.m. - Cards
	9-11 a.m. - Group Crocheting & Crafts
	12:30 p.m. - Cash Bingo
	1-2 p.m. - Lap Swim (\$1.50)
	8 a.m. - Aerobics (light)
THURSDAY	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	8 a.m.-2 p.m. - Cards
	12:30 p.m. - Bridge Club
	12:30 p.m. - Mah Jongg
	2 p.m. - Tai Chi
FRIDAY	8 a.m. - Peppi
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking
	1-2 p.m. - Lap Swim (\$1.50)
	1:30 p.m. - Line Dancing
FRIDAY	8:30 a.m. - Lite Aerobics
	8 a.m. & 2 p.m. - Cards
	11:45 a.m. - Aquacise (\$2.00 cl.)
	12:30 p.m. - Bridge
	12:30 p.m. - Knitting and Crocheting

**The Friendship Center
WILL BE CLOSED
FOR MAINTENANCE
August 29-September 4!**